

CHECKLIST FOR BARIATRIC SURGERY

- 1. AT LEAST SIX MONTHS OF A SUPERVISED DIET.** Under the care of a healthcare provider, you need to have been in a supervised weight-loss program for at least 6 months. This is usually done at our office. This includes regular progress visits and a medically approved weight-loss diet plan. The requirement for supervised weight loss varies by insurance company. For Medicaid and Medicare, the diet needs to be within the last six months. Other insurance companies are less restrictive and require the supervised diet to be within the last 2 years.
- 2. SMOKING CESSATION.** You do not need to be smoke-free to have a consultation. However, you must be smoke-free for at least three (3) months prior to your surgery. We strongly encourage you to quit as soon as you can, smokers have higher risks of infection, blood clots, and other complications of surgery. If you are a smoker, your healthcare provider can help you achieve this goal; the healthcare providers at Surgical Associates can also help.
- 3. PSYCHOLOGICAL EVALUATION.** To help ensure that you are successful with weight-loss surgery, you will need to see a psychologist, psychiatrist or licensed social worker to have a full mental health examination. Our LISW, Bridget Baechtel is available for your convenience or you may use any individual that you are comfortable seeing. You will need to have a test performed called an MMPI or an MBMD.
- 4. EDUCATIONAL SESSION AT THE HOSPITAL AND PRE-OPERATIVE INTERVIEW.** If the surgeon has determined that surgery is indicated and appropriate for you and your insurance approves your surgery, you must attend Education Day and schedule your pre-op interview. You will schedule your pre-op interview after you have a surgery date. You need to call the hospital at 641-236-2412 to schedule your pre-op interview. The Education Day will be set up through our office. Both of these are mandatory and your surgery cannot be performed if you do not attend both of these.
- 5. HISTORY AND PHYSICAL BY YOUR FAMILY PROVIDER.** Call your family doctor and schedule your history and physical so that it is done within 30 days of your surgery date. Your doctor will need to fax the history and physical to the Pre-Op Department at 641-236-2958. This is a state law and your surgery cannot proceed without this physical.
- 6. SURGERY TIME.** Please call Grinnell Regional Medical Center the day before your surgery to find out what time you need to arrive at the hospital. Please call 641-236-2328 between 12:30pm and 1:30pm. Call on Friday if your surgery is on Monday.